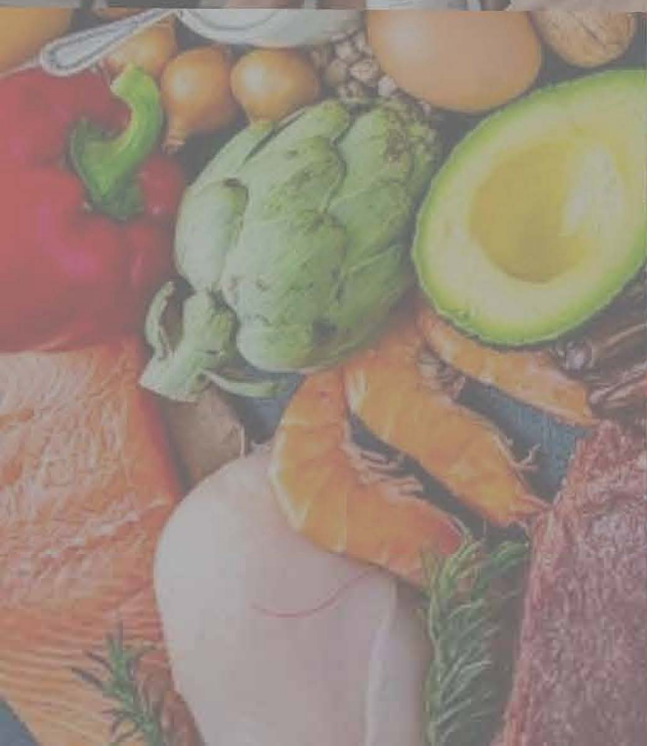




# RUGBY NUTRITION GUIDE

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**Being a good rugby player starts with being healthy and eating right. USA Rugby and Major League Rugby, in collaboration with Thorne, have formulated this all-encompassing document to better educate the rugby community on sports nutrition.**

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## Content Written by Trusted Sports Nutrition Experts:



**Lauren Cicinelli**, MS, RD, CSSD, LD is a sports dietitian based in Atlanta, GA. She works with high school, college, adult and professional athletes to optimize their fueling strategies and performance. Lauren has a bachelor's degree in Exercise Science and a master's degree in Nutrition. As a board-certified specialist in sports dietetics, she helps athletes understand how to eat and nourish themselves to get the most from their training. Follow Lauren on Instagram @LaurenCicinelliRD for practical nutrition tips.



**Joel Totoro** is a registered dietitian and Director of Sports Science at Thorne. He oversees human performance integration with Thorne's sports partners and serves as a liaison to the medical affairs, research and design teams. He worked on the Performance and Innovation Team at EXOS following a stop as the sports dietitian for University of Michigan. Totoro also served 8 years as team dietitian for the New England Patriots becoming the first full-time sports dietitian in professional sports. He holds a B.S. in Allied Health-Dietetics from the University of Connecticut and is an original member and former BoD chairperson for the Collegiate and Professional Sports Dietitian Association.



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# Chapter 3: Hydration

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Hydration helps with:



Reaction Time



Mental Focus



Energy Level



Body Temperature

*Losing just 2% of your body weight due to fluid loss can significantly decrease performance. Cramping has been linked to electrolyte loss, specifically sodium loss.*

## What should I drink?

Throughout the day, water and low-fat milk are the best options. Sports drinks contain fluids, electrolytes and carbohydrates, and help to replace fluids and electrolytes that are lost in sweat during longer activity. Electrolyte replacement powders contain electrolytes and minerals lost in sweat and can be added to beverages to help replace what is lost in sweat. When choosing electrolyte powders, look for third party tested products – such as NSF-Certified for Sport, to ensure products are free of banned substances. USA Rugby athletes use Thorne's Catalyte product as their electrolyte powder of choice.

Sports drinks (such as Gatorade and Powerade) provide carbohydrates that helps you perform during sports, but aren't typically needed outside of exercise. Other drinks that have carbohydrates in the form of sugar include soda, lemonade and sweet tea. If you enjoy these beverages, when not exercising, drink some water

less than



For exercise that lasts an hour or less, choose water to replace water lost in sweat.

more than



For exercise that lasts more than an hour, choose a sports drink or electrolyte powder to replace water and



## How much should I drink?

As a general guide, aim for about half of your body weight in ounces of water each day, up to about 100 ounces per day. For example, for someone weighing 150 lbs, they should aim for roughly 75 ounces of water as a baseline.

Then, you will need to add additional fluids to replace what is lost in sweat. Aim to drink several sips of water or sports drink every 15 minutes during exercise. Drink 20-24 ounces of fluids for every pound of weight lost during activity.

## Am I hydrated?

Compare your urine color to the chart below. A light yellow color indicates good hydration. Darker urine indicates inadequate fluid intake, so aim to drink additional water and other fluids. Colorless urine indicates that you are drinking more than your body needs so you should aim to reduce how much you are drinking each day.

<b>Well-hydrated.</b> Good to go!
<b>Slight dehydration.</b> Drink an extra 1-2 glasses of water each day.
<b>Mild dehydration.</b> Drink an extra 3-4 glasses of water each day.
<b>Moderate dehydration.</b> Drink an extra 3-4 glasses of water and talk to your sports dietitian about a hydration plan.
<b>Severe dehydration.</b> Drink an extra 4-5 glasses of water and talk to your sports dietitian about a hydration plan.
<b>Danger zone!</b> Talk to your athletic trainer or doctor immediately.

